

# Constellation of Caregivers

*A Group of Stars Caring for America's Finest*

Richard L. Roudebush VA Medical Center  
Indianapolis

Volume 1, Issue 4  
September, 2013

## Emergency Preparedness

Protecting yourself and your family when disaster strikes, requires planning ahead. Every household



should have an emergency plan and needed supplies in the event of simple emergencies, such as loss of electricity due to storms, significant natural disasters (such as wildfires) or man made disasters (oil spills, terrorist attack). A disaster may require sheltering-in-place at home or evacuating to an emergency shelter or other form of temporary housing.

For Caregivers and the Veteran with a disability, the challenges of emergency preparedness is more complex and requires detailed

advanced planning. Consider all the strategies, services, tools, and techniques that the Veteran and you use on a daily basis. Examples include medications, durable medical equipment, consumable medical supplies, a service animal, assistive technology, etc. Think about what you might do if any of these were limited or not available.

The essentials of Emergency Preparedness include: creating a personal support network; completing a personal assessment of what you can do for yourself and what assistance you may need; making a plan; and assembling a disaster kit.

National Caregiver Training Program

### Support Groups

- Caring While Sharing
- VA Caregiver Support Line monthly telephone educational group
- Building Better Caregivers
- REACH VA (Telephone Dementia Support Group)
- Peer Facilitated Telephone support group (Quarterly calls)
- Bloomington CBOC: OEF/OIF Family Caregiver Support Group
- Multiple Sclerosis Family & Caregiver Conference Call

## Support Groups

As human beings we all need compassion and support, especially when we dedicate ourselves to caring for others. Support groups are safe havens for exploring grief, fear, guilt, anger and loss, joys and sharing coping skills. They are also great places to exchange caregiving resources.

The Indianapolis VA Medical Center offers a variety of Caregiver Support Groups to support our Caregivers. Please contact Caregiver Support Coordinator, Heather Moss, LCSW for more information at 317-988-3488.



Caregiver Support Coordinator  
Heather Moss, MSW, LCSW  
Phone: 317-988-3488

***You're there to support the  
Veteran.***

***We're here to support you.***

Richard L. Roudebush VA Medical  
Center Indianapolis  
1481 W. 10th Street  
Indianapolis, IN 46202  
[REDACTED]

**Check us out on-line!**

**[www.caregiver.va.gov](http://www.caregiver.va.gov)**



---

## **November is Caregiver's Month: Save the Dates**

November is fast approaching and will be here before we know it. This is not only the month we get together with our family and friends to celebrate Thanksgiving and share a wonderful meal, it is also the month we recognize Caregivers for all of their hard work and dedication in caring for our Veterans. At the Indianapolis VA Medical Center, we



appreciate the hard work of our Caregivers and want to acknowledge their sacrifices. The Indianapolis VA Medical Center will be hosting a variety of events in November in recognition of our Caregivers. Please save the following dates and join us! Tuesday, November 5th: Educational Presentation featuring CICOA and the Medical Foster Home Program. We will also be having a Caregiver Self-Care Day on Thursday, November 21st.

Please look for your invitations in the mail!

---